

A HEART-HEALTHY DIET:

What It Is And Why You Should Try It



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Heart-healthy eating is a lifestyle choice. It emphasizes the importance of making healthy food choices. Eating this way can help you reduce your risk for heart disease and other chronic conditions.

Take high blood pressure and diabetes, for example. In essence, it's all about your heart health.

Unlike other diet trends, a heart-healthy diet is based on the latest scientific research. So, you can trust that the dietary advice you get actually works.

At its core, a heart-healthy diet emphasizes eating whole foods. In this activity, we'll help you assess your diet and see what you can tweak.

ACTIVITY SHEET

The Health Quest 365 Activity on The Heart-Healthy Diet

Describe your current diet in the box below.

How do you think your current diet and eating habits affect your heart health?

Given what you read in the piece, how can you tweak your diet to be better for your heart? Describe these changes in the box below.

Aside from modifying your diet, what can you do to take care of your heart?

How do you think will these diet and lifestyle changes help you in the long run?

Think of what you've read in the article and what you know about yourself. How can you improve your lifestyle to maintain an ideal weight and a healthy lifestyle?





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